



THE CITY STREET THAT IS SO CLOSE TO BEING
AWESOME, BUT IS (SOMEHOW) NOT **metroVIEWS**



**Spicer gets all spicy
over SNL portrayal**

And more from the administration
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Halifax metro



Your essential daily news | TUESDAY, FEBRUARY 7, 2017

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THIS IS ELLIOTT

Meet a child
wanting to change
the way we look at
gender identity
metroNEWS



Elliott Sweeny, 6,
and Kym Sweeny are
co-hosting and
organizing a popup
school later this month
on gender and bodies.

JEFF HARPER/METRO



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SPACE

Doctor in running to be an astronaut

A Halifax doctor is in the running to be one of Canada's next astronauts.

Kevin Spencer was born in New Glasgow but now lives in Halifax and is taking part in the Canadian Space Agency's astronaut recruitment program and has passed the first round of evaluation.

The Space Agency launched the fourth astronaut recruitment campaign in June 2016 with the application deadline set for Aug. 15. There are now just 72 in the running. They will select two qualified astronauts from the final candidates. The selected astronaut candidates will start their training at NASA in August 2017.

He is a full-time emergency department physician and a mechanical engineer. He also has university academic appointments as assistant professor of emergency medicine and director of simulation education. Additionally, he has a biotechnology start-up company. He took time to answer some questions about his life and his aspirations.

Is becoming an astronaut something you ever gave much thought to before this?



Kevin Spencer CONTRIBUTED

I did apply during the 2009 recruitment campaign, which ultimately produced Canada's two current Astronauts, David Saint-Jacques and Jeremy Hansen. At that time, I was just finishing medical school. Prior to completing medical school, I honestly didn't see this as a viable career option and as such didn't seriously consider it. Having said that, I do think my interests and experiences have always aligned with this type of career.

What drives you as a person?

I love to learn, explore, teach, and innovate. I want to be a good role model for my children, family, and friends. I seek out and embrace varied projects and complete them at the highest level possible, whether it be repairing a Volkswagen van, teaching a medical simulation lab, or running a seamless resuscitation in the emergency department. I value physical fitness and a healthy, active lifestyle.

What would you hope to accomplish as an astronaut?

I find it captivating to imagine how many things are waiting to be discovered through the pursuit of space exploration. I want to help develop medical and mechanical technologies for exploring extreme environments and I want to contribute to our knowledge about the universe. I also want to engage Canadians through space endeavors to innovate, explore, and push the limits of technology. Ultimately, I would like to learn more about our place in the universe and share those adventures with the world.

TC MEDIA

DARTMOUTH

Ramada to reopen as Delta Hotel



Zane Woodford
Metro | Halifax

The Burnside hotel currently known as the Park Place Ramada will be shut down this week and reopened this summer as the region's first Delta Hotels by Marriott.

The owner of the hotel, the Armour Group, announced in a news release on Monday it will be renovating the aging

hotel off the Circumferential Highway "back to its studs" after closing it this week. The hotel will reopen as the 180-room Delta Hotels by Marriott — Dartmouth this summer.

The news release says the hotel will house the "largest meeting and facility rental location in Dartmouth" and "the design for the new hotel incorporates a sense of place that reflects the history of Dartmouth and its place as the 'city of lakes.'"

Discovery Centre 'all about exploration'

LEARNING

A sneak peek inside the new science venue, opening Sunday

It's hundreds of millions of kilometres from Earth, but Jupiter's Great Red Spot is luminous inside a theatre-style immersive dome at the Discovery Centre in Halifax.

Many corners of the universe are accessible from the comfort of the planetarium's 65 cushy chairs — everywhere from Singapore's night sky to Orion's Belt.

But there's one place audiences are always eager to see: Earth.

"You can show people any cool simulation or image of space, but honestly, nothing is as staggering as the hovering above Earth," said Japna Sidhu-Brar, the dome's full-time presenter who uses data from the Hubble Space Telescope to create custom-built audio and visual experiences.

"The software is amazing. You're getting a very accurate simulation of the solar system, of the planets, of the universe itself."

The new three-level Discovery Centre — which bills itself as a hands-on science centre — is set to open Feb. 12.

It was a staple on Barrington Street for more than 25 years before moving into the newly constructed \$20-million facility on the Halifax waterfront.

The old centre was aimed primarily at children and their families, but the new Discovery Centre is seeking to attract people of all ages with travelling exhibits, interactive astronomy shows and invention workshops, said Dov Bercovici, president and CEO of the centre.

"There's experiences for everyone," said Bercovici in the atrium, which offers expansive views of the centre's three levels and is illuminated by several large, beachball-esque lights that periodically change colour.

"We want to encourage the public, of any age, to understand the science of their daily lives. People can even come here on date night."



Dov Bercovici is the president and CEO of the Discovery Centre. The newly constructed \$20-million facility is seeking to attract people of all ages with travelling exhibits, interactive astronomy shows and invention workshops. ANDREW VAUGHAN/THE CANADIAN PRESS



A display shows how a potato can be used to generate electricity. ANDREW VAUGHAN/THE CANADIAN PRESS

The centre's bottom floor is where travelling exhibitions will be set up for three- to four-month stopovers.

The first exhibit is one that explores the scientific side of music — from the physics of guitars and drums to why certain notes sound more pleasing than others.

"We really believe that science and art are essential to each other," said Bercovici just after strumming a G chord on an electric guitar in front of one section that details the history of the

six-stringed instrument.

Tucked into the back corner of the bottom floor is a workshop-style room dubbed the "innovation lab." Inside on a recent day several people are sitting on stools and hovering over long wooden tables. Dozens of simple circuit boards — made from nails and blocks of wood — are scattered throughout the brightly lit space.

It's here where visitors will be able to learn how to invent and fabricate things like a potato battery or drone.



The constellation Orion is projected on the ceiling of the planetarium. ANDREW VAUGHAN/THE CANADIAN PRESS

"It's all about exploration," said lab coordinator Ryan Jameson just before showing off some newly 3D-printed art, including a scorpion equipped with a moving tail.

"The whole centre is about being curious and staying curious because that is the first step to discovery." THE CANADIAN PRESS

Police opt out of Pride parade

DEBATE

But officers will be involved in other parts of the festival



Zane Woodford
Metro | Halifax

Halifax Regional Police officers will be at this year's Pride parade, but you won't see them marching in uniform.

Halifax Regional Police and Halifax Pride announced Monday that police would "revamp" their participation in this year's Pride festival, happening in July, opting out of the parade in favour of events like a community barbecue or a lecture.

"We will be there doing security, we will be there taking care of traffic duties," Chief Jean-Michel Blais said at a news conference on Monday. "It's not a matter of us totally walking away, it's just the cohort of Halifax Regional Police officers walking in uniform that people have seen for the last 10 years won't be there."

Blais said he'd still march in the parade, but he'll be wearing an HRP T-shirt, not a uniform, and he invited his officers to do the same.

He said police were not kicked out of the parade, and that the decision was made in consultation with Halifax Pride after police were "made aware by community members" outside of Halifax Pride that police presence "was a contentious



This community-minded decision on the part of Halifax Regional Police demonstrates the kind of thoughtful and reflective decision making that we value.

Halifax Pride executive director Adam Reid

issue" for some.

"We made this decision in consideration of the brewing local debate about police participation in the Pride parade, as well as in light of comparable discussions being held elsewhere in the country," Blais said.

The decision comes less than a month after a majority of members of Toronto Pride voted to endorse a list of demands made by Black Lives Matter when that group staged a sit-in protest stopping last year's Toronto Pride parade. One of those demands was that police floats and booths be removed from marches and parades.

"It's a debate that's going on locally and across the country concerning Pride and police participation," Halifax Pride executive director Adam Reid said during Monday's news conference.

Reid said he hadn't heard specific concerns from people in Halifax regarding police par-



Revellers carry a Pride flag during the annual Halifax Pride parade last July. This year, police will take care of security and traffic duties but won't be in uniform during the main event, police Chief Jean-Michel Blais said. THE CANADIAN PRESS

ticipation in the parade, and he wouldn't say whether he believes police should march, just that he supports their decision.

Blais said that decision wasn't made "because of what's happening in Toronto per se," and argued that Halifax doesn't face the same issues with policing.

"Yes, there have been some issues, but the bath raids, for example that we've seen in other Canadian jurisdictions, particularly in Toronto, never occurred here," he said.

Reid said Halifax Pride had yet to meet with RCMP in Halifax, and he wasn't sure whether they'd be marching in the parade. He also said that the police participation will be reevaluated before next year's festival.



Halifax Regional Police Chief Jean-Michel Blais and Halifax Pride executive director Adam Reid at Halifax Police Headquarters after a press conference on Monday. JEFF HARPER/METRO

This isn't a matter of Halifax Regional Police versus Halifax Pride. This is a matter of Halifax Regional Police and Halifax Pride coming to a decision.

Halifax Regional Police Chief Jean-Michel Blais

CRASH

Snowplow damages apartment unit

No one was injured after a snowplow struck the corner of a Nova Scotia apartment building on Monday morning, causing extensive damage.

In a media release, Cape Breton Regional Police said the incident occurred at about 6:30 a.m. on a busy Sydney street. The plow is believed to have lost control as it was coming off Breton Street to merge with Victoria Road.

The Caterpillar front-end loader struck the south corner of the building, pushing the blade of the machine into

one apartment unit.

Police said no one was in that part of the building at the time and no one was injured. The homeowner did not wish to speak to media.

Someone who identified themselves as a relative of one of the people who live in the apartment told the Cape Breton Post the impact point of the plow damaged a spare room.

Police have seized the machine and are awaiting results of a mechanical inspection. The investigation is ongoing.

METRO, WITH FILES FROM TC MEDIA



Cape Breton Regional Police were on scene Monday after a snowplow struck the corner of a building. TC MEDIA

Halifax DIGEST

CRIME

Quebec pair charged after loaded handgun found

Nova Scotia RCMP have charged two people from Quebec after a vehicle stop on Saturday around 10 a.m. resulted in the seizure of a loaded handgun and drugs.

The SUV was stopped for driving erratically on Highway 105 in Baddeck Bay.

Maxime Brodeur, 35, and Stéphanie Renaud, 37, both of Québec, have been charged. METRO

RCMP

Officer under investigation over alleged assault

The Serious Incident Response Team has begun an investigation into a possible domestic assault by a member of the RCMP in Nova Scotia.

In a release Monday, SiRT said RCMP staff reported a conversation between themselves and a female civilian employee on Feb. 3.

No other details have been provided. METRO

'It helps people not be bullies'

GENDER FLUID

Child hopes pop-up events can break down stigma



Haley Ryan
Metro | Halifax

Elliott Sweeny loves dogs, banana bread, Beyonce, sometimes wearing skirts, and pink rainboots.

In the Halifax six-year-old's words, Elliott also says they have a "boy body and a girl brain."

Curled up on a large couch with their mom Kym Sweeny at the South House Sexual and Gender Resource Centre, Elliott said they usually don't mind explaining how they identify as gender fluid and gender-nonconforming, or use "they/them" pronouns — but kids don't always believe them and can say mean things.

"You can't just be bullies just because you don't know what things are, and just because you don't think it's right — because it actually is right," Elliott said.

The term gender non-conforming is used to describe people whose appearance or behaviour differs from cultural expectations based on what's appropriate for their gender. Gender fluid refers to an identity that can vary over time, and can be combination of male/female identity, or fall outside them.

Driving home from school one day, Kym said some people on the radio were talking about women's periods in a joking way. When Elliott asked if people made fun of menstruation because they didn't understand it, Kym said "sometimes."

Elliott said "people make fun of me because of my gender," so maybe bullies make fun of things they don't understand, Kym recalled.

The next day Elliott asked for magazines to make a collage about things people should know more about, adding glitter and photos of Beyonce and trans actress Laverne Cox next to words like bodies, consent, racism, gender and decolonization — which they asked for help writing.

Elliott said they should then

+ POP-UP

The first free Pop-Up School on gender, presented by South House and Venus Envy, takes place Feb. 25 from 1-3 p.m. at the Johanna B. Oosterveld Centre.



Elliott Sweeny, 6, is co-hosting and organizing a pop-up school later this month on gender and bodies. JEFF HARPER/METRO

"make it real" and invite people to come to their house (with their dogs) to talk about the subjects — which Kym said with a laugh seemed a little overwhelming.

Instead they went to South House to plan a community event, which developed into a series of pop-up schools, with the first one on gender taking place this month.

Pop-up schools

All the pop-ups will have a kid or young adult paired with a "grown-up" to talk about topics they're experts in, Kym said, with opening remarks followed by activities and relevant book-reading. Parents and caregivers can network and talk about their experiences and challenges raising gender-nonconforming or LGBTQ kids.

Elliott said some of the activities will include kids writing about their gender and stapling pages together into a book, as well as lying down on big sheets of paper to draw an outline of their body, to then colour inside.

Since Elliott has run into kids at school saying their gender identity "isn't real," or they can't

dress in skirts even though they like to sometimes, Kym said having an adult speaking will hopefully change kids' minds.

When Elliott said they told one of their friends they felt like both a girl and a boy, he said he didn't believe Elliott "because if you're both then you can't talk — and you sound like a girl and you look like a girl."

Her arm around Elliott, Kym looked down at their curly brown hair (which they cut to look more like a boy but are growing out again) and asked how Elliott felt to hear that.

"Sad, because it's a mean thing to say," Elliott said quietly.

When Kym asked who they thought should come to the pop-up, Elliott smiled and said the friend who didn't believe him, as well as Donald Trump — who is a "mean boy."

"It helps people not be bullies about things that they don't know about," Elliott said.

Positive role models

While Elliott often used blue (he), pink (she) or yellow (they) bracelets to show Kym which pronoun they preferred before they started school, after

a "rough" first couple months in primary they decided on "boy" clothing and "he" pronouns after being teased.

It was only this past summer during a Dalhousie University child-care day camp (Kym is a law student at Dal) they became more confident in being gender-fluid since they loved the atmosphere, and having queer and trans people working there was a great influence, Kym said.

School is also the one place where Elliott is on their own and has to use the boys' washroom even though they'd like a gender neutral one and feel "bad" about going there, they said.

Kym said she was disappointed the school's alternative was for Elliott to use the staff washroom, which she found "very inappropriate."

Many people ask lots of questions about Elliott's identity, Kym said, which can get tiring but she said she'd much rather handle them than have Elliott "deal with it."

Some even insinuate Elliott's gender-nonconformity is for Kym's sake, or she's influencing Elliott.

"I'm like, 'I cannot get my kid to eat dinner, let alone adopt

I just want them to be happy.

Kym Sweeny about her child, Elliott

a gender identity," Kym said, shaking her head.

Active parenting

Kym said while she doesn't know if Elliott will always be gender-fluid and use "they" pronouns, she will continue to "trust whatever they tell me," while providing whatever supports they need.

She simply wants Elliott to be happy, Kym said, and has seen how they're not their "fullest and happiest self" when trying to conform as a boy, which they did throughout most of Grade Primary due to teasing.

Elliott loves colour, fashion and being bright, Kym said, which began as early as two when Elliott picked out pink rainboots rather than blue ones.

Although Kym knows many parents who've said they'll support their child if they come out as gay, trans or gender-nonconforming, she said it's important to present kids with all the options early on.

"There's this part of parenting that has to be active, it can't just be like waiting ... for your child to come out as counter-culture," Kym said.

School has role to play

Although Kym Sweeny says she hasn't seen any evidence of it, Nova Scotia's provincial guidelines say it's up to educators to provide "positive" images and information about trans and gender non-conforming people.

Sweeny said although her six-year-old, Elliott, uses "they" pronouns and identifies as gender-fluid, no teachers have brought up gender identities in class.

According to the Education Department's 2014 "Guidelines for Supporting Transgender and Gender-Nonconforming Students," it's a teacher's responsibility to educate themselves and support diversity in the learning environment, plus ensure classroom materials and activities contain "positive images and accurate information" about history and culture that reflects the contributions of those with varying gender identities.

Educators must also challenge gender stereotypes and "integrate trans-positive content into the teaching of all subject areas," the guide says.

"The lack of any positive acknowledgment of transgender issues or transgender history makes it difficult for transgender, gender-nonconforming, or questioning children and youth to feel that they have a place in the world."

"Unless it is corrected, the omission of transgender and gender-nonconforming people from the curriculum creates a misconception among many students that transgender people do not exist or are an object of scorn," the guide says.

After-school staff did try reading some books about gender last year when Elliott was in primary, but some parents complained, Kym said with a shrug.

"Kids can definitely understand these things. They did learn about the Holocaust this year in school, so I'm like 'I find it hard to believe that you feel that six-year-olds can handle (that) but not ... gender identity,'" Kym said.

"It doesn't have to be a complicated conversation. It can just be like 'there's boys and there's girls, and there's people that are neither, or both.'"

Yoga studio's tampon drive

CHARITY

Bring a box, get a free class and help those less fortunate



Anna Sophia Vollmerhausen
For Metro | Halifax

Tampons in exchange for a workout? That's what one Halifax yoga studio is offering its customers.

During the month of February, Rio Pilates & Yoga Studio is handing out passes for free classes to customers who bring in a donation of a box of tampons.

Connie McInnes, the owner of the studio, said her and her staff regularly discuss challenges facing the local community, and how they can help.

"Building community has always been a focus of the studio," McInnes said.

This month, the studio, which is located on Charles Street, is hoping to help by donating tampons to various



RIO Pilates & Yoga Studio in Halifax is running a tampon campaign this month to collect for those in need. JEFF HARPER/METRO

shelters in Halifax.

"One of the issues is that (tampons are) essential, especially for women obviously,

but they're sort of a luxury item in terms of price point, so it's not always accessible for people that live on

assisted living," McInnes said.

All the donations received will be divided up between

“They're sort of a luxury item in terms of price point, so it's not always accessible for people that live on assisted living.”

Connie McInnes

local homeless shelters, she added. According to McInnes, they are asking people to only donate tampons with cardboard applicators, instead of plastic, as they're better for the environment.

"I think people are always really keen to get involved in these initiatives because a lot of the times, you know, we're so busy, we often forget the social responsibility that we sort of have," McInnes said.

This month's charity drive is just the beginning. According to McInnes, the studio tries to find a new way to help the community every couple of months.

ANIMALS

Probe into deaths of five seals

Residents of Cape Breton's south-west shore say they are shocked five seals have been found shot dead on a local beach.

"It's not normal. We've never heard of it here before," Charles MacDonald of Port Hood, N.S., said Monday.

Fisheries officials say they found the seals on a beach in the Little Judique area last Wednesday after a public tip.

"Evidence has been collected," said Etienne Chiasson, spokesman for the federal Fisheries Department. "The seal carcasses have been removed from the beach as part of the investigation." It is illegal to disturb, harm or even approach marine mammals, except when fishing for them legally, and the seal harvest in the area is not currently open, Chiasson said.

MacDonald, who owns a motel near Little Judique, said seals usually come to that stretch of Cape Breton's shore in January to give birth on the ice, but it's been a warm winter and the harbour hasn't iced over.

THE CANADIAN PRESS

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NOVA SCOTIA

Trudeau the youth minister overshadowed by PM duties

POLITICS

Critics say he has a mixed record on youth issues

After winning the last federal election, the fresh-faced new prime minister, the second youngest ever to assume the office, bestowed upon himself a fitting extra portfolio: Minister of Youth.

One of his first acts was to publish mandate letters for each of his new cabinet ministers. You can read them online. They outline for all to see what important work Trudeau expected from his ministers in the coming months and years. But there was — and still is — a striking omission. While some relevant platform points were included in his missives to ministers in the finance and labour departments, Trudeau published no mandate letter for his self-imposed gig for youth. And none appeared when the letters were refreshed after his January cabinet shuffle.

More than a year into the Liberals' majority mandate, a sense has emerged that rather than bringing welcome gravitas and attention to the issues facing young people today, Trudeau the Prime Minister is overshadowing Trudeau the Youth Minister.

He has a mixed record on fulfilling the youth-oriented promises of his party's 2015 platform. In October, the sociable and still-



Prime Minister Justin Trudeau, Liberal President Anna Gainey, left, and Liberal Youth President Mira Ahmad vote for the new party constitution at the 2016 Liberal Biennial Convention Winnipeg on May 28, 2016. THE CANADIAN PRESS

high-polling PM was heckled during an on-stage interview with young members of the Canadian Labour Congress, after outrage was spewed over the finance minister's comment that "job churn" — having to move from job to job over the course of your career — is an intractable part of the 21st century economy.

At the same time, student activists are decrying his performance on accessibility-to-education, as tuition and student debt spike to record heights and youth unemployment stubbornly remains almost double the rate

of the total population.

Consequently, some contend Trudeau's turn as youth minister has been a disappointment — a betrayal, even, for a man who rose to power on a wave of voter turnout from Canada's youngest electors.

"This government pays a lot of lip service to youth," said Bilan Arte, president of the Canadian Federation of Students, which advocates for free post-secondary education. "We're not just a voting block that can be accessed every other election. We are concerned and we're an active part

of the electorate in this country.

"The only conclusion you can come to is this government doesn't think this is a priority," she said.

Whether such criticism is fair is up for debate. Vasiliki Bednar, head of the government's Expert Panel on Youth Employment that was created last fall, said Trudeau's decision to appoint himself youth minister showed issues such as tuition, student debt, and youth unemployment are a priority for the government.

She added that the "job churn" comment was an honest por-

trayal of the reality facing young workers, and that one of her panel's goals is to help Trudeau identify solutions to supporting youth who face challenges such as unaffordable real estate, a dearth of job benefits and pensions, and precarious work.

"A government that pretends that's not a reality, and designs programs for quote-unquote 'standard work,' which is full-time forever jobs, is not a government that I want, because that's an unrealistic, fantasy government," Bednar said.

TORSTAR NEWS SERVICE

MOSQUE SHOOTING

Words came from the heart, imam says

An imam who spoke at the funerals for three Quebec mosque shooting victims says he believes his words have become popular on social media because his message came from the heart.

Hassan Guillet, 64, says he didn't even prepare his speech, which has been lauded for its message that the man accused of the shootings in Quebec City last week is himself a victim of hate, and that people shouldn't seek revenge for the crime.

"People could see that the man standing in front of them is an honest man, a sincere man and a sad man and is talking his pain. I think it was apparent," Guillet said in an interview Sunday about the speech he delivered Friday. "When I was talking, I saw the tears on the face of our prime minister, Mr. Trudeau, and on the face of our premier, Philippe (Couillard), on the face of the mayor of Quebec (City)." "I was touched."

Stories about the speech have since appeared on the social media feeds of people around the globe, including some celebrities.

"The extraordinary and humane words of Imam Hassan Guillet, at the funeral for the victims of the Quebec massacre," J.K. Rowling tweeted along with a link to a transcript of the speech.

Guillet, who came to Canada from Lebanon in 1974 and is now retired from the aerospace industry, said he was too busy to prepare for the speech leading up to the funerals.

THE CANADIAN PRESS

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag **#150postcards**.

U.S. Justice Department pushes to reinstate ban

POLITICS

States argue Muslim ban would 'unleash chaos again'

The fierce battle over President Donald Trump's travel and refugee ban edged up the judicial escalator Monday, headed for a possible final faceoff at the Supreme Court. Travellers, temporarily unbound, tearfully reunited with loved ones at U.S. airports.

The Justice Department prepared to ask a San Francisco-based federal appeals court to restore Trump's ban on travellers from seven predominantly Muslim nations. The lawyers were expected to argue in a brief that the president, not the courts, has the authority to set national security policy and that an executive order to control access at the country's borders is lawful.

The filing with the 9th U.S. Circuit Court of Appeals was to be the latest salvo in a



Nazanin Zinouri, 29, is greeted at the airport in Greer, S.C., on Monday. Zinouri, an Iranian engineer and Clemson University graduate, had been unable to return to the U.S. THE ASSOCIATED PRESS

high-stakes fight surrounding Trump's order, which was halted Friday by a federal judge in Washington state.

The appeals court refused to immediately reinstate the ban, and lawyers for Washington and Minnesota argued anew Monday that any resumption would "unleash chaos again," separating families and stranding students.

Telephone oral arguments

have been scheduled for Tuesday afternoon. The San Francisco-based 9th U.S. Circuit Court of Appeals will hear from lawyers from the federal government and states suing Trump.

The president's executive order has faced legal uncertainty ever since Friday's ruling by U.S. District Judge James Robart, which challenged both Trump's authority and his abil-

ity to fulfil a campaign promise.

The State Department quickly said people from the seven countries could travel to the U.S. if they had valid visas.

States challenging the ban have been joined by technology companies, who have said it makes it more difficult to recruit employees, and by attorneys general from more than a dozen states. THE ASSOCIATED PRESS

SENATE

Democrats hold floor in protest

Democrats announced plans Monday to hold the Senate floor around the clock to protest Republicans' push to confirm Donald Trump's cabinet picks.

Democrats' effort got underway as the Senate headed toward a showdown vote Tuesday on Education Secretary nominee Betsy DeVos, a wealthy GOP donor who has advocated for alternatives to public education. DeVos' nomination has drawn fierce opposition from teachers' unions and others.

Two GOP senators have announced plans to oppose her, which could result in a 50-50 Senate vote Tuesday. That would leave Vice-President Mike Pence in the role of tie-breaker, something that has never happened with a cabinet nominee.

"Democrats will hold the floor for the next 24 hours until the final vote to do everything we can to persuade just one more Republican to join us," Sen. Patty Murray, D-Wash., said on the floor Monday. THE ASSOCIATED PRESS

Global digest

AFGHANISTAN

Ransom could have freed hostages, says report

According to two unnamed U.S. officials cited by VOX in a report on Monday, Canadian Joshua Boyle, his wife Caitlan Coleman and their two sons could have been freed from the Taliban for a \$150,000 ransom, but the FBI did not pursue the deal.

TORSTAR NEWS SERVICE

UNITED KINGDOM

Elizabeth II marks 65 years as queen

Queen Elizabeth II has become the first British monarch to reach the milestone of 65 years on the throne.

Monday's Sapphire Jubilee is being marked with cannon salutes in London's Green Park and at the Tower of London.

THE ASSOCIATED PRESS

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MICHAEL COREN ON MILO'S MISSION TO DIVIDE



At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. Two sets of fanatics had their way: those who disrupted the speech and those who planned it.

This year marks the 500th anniversary of the Reformation, sparked in part by the Roman Catholic Church's sale of indulgences. The more you paid, the less time you and your loved ones spent in purgatory. As the rhyme of the time had it, "As soon as a coin in the coffer rings/the soul from purgatory springs."

I couldn't help thinking of all this when reading of the sordid events at The University of California, Berkeley last week when a planned speech by the ultra right-wing narcissist and professional provocateur Milo Yiannopoulos was cancelled after around 150 masked thugs used fireworks, baseball bats and various forms of violence to attack those attending the event.

Milo — he and his acolytes rather ludicrously use the single name — is senior editor for the far right website Breitbart News. He is a bit of a legend in his own lunchtime, and most people have never heard of him, but for the hard right and the hard left he is an icon of either truth or lies. Actually he is neither. A fringe journalist with a troubled past, he reinvented himself as a self-defining fierce, fearless spokesman for those waging war against the chimera of political correctness.

His means of fighting this war against an imaginary foe is to insult and mock anybody who annoys him. Liberals, feminists, the overweight, trans people, Muslims, gays — even though he is himself gay and insists on using the term



SEWER SPOKESMAN Far-right icon Milo Yiannopoulos is fighting a fake crusade against made-up enemies: feminists, trans people, Muslims and anyone else he doesn't like, Michael Coren writes.
JEREMY PAPASSO/THE ASSOCIATED PRESS

"f—t." It all becomes somewhat tedious but it arouses those who obviously would like to do the same but lack the ability or the platform. He is a conduit for those who confuse freedom of speech with the licence to abuse. The sewers breathe once again.

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. I use the plural because two sets of fanatics had their way: those who disrupted the speech and those who planned it. You see, this is a dark symbiosis, a grotesque theatre of the absurd where the polarized of right and left destroy the vast middle of ground of sensible disagreement and debate.

And nothing, of course, makes the "coin in the coffer ring" as much as playing the victim and crying that free speech and liberty are under threat. There is money to be made in becoming a champion of white, straight, conservative people who have convinced themselves that they are being persecuted.

The violence at Berkeley,

and at other such events, is unacceptable. But there is violence in language as well as action. If one degrades a race, marginalizes a sexuality, condemns a people, there tend to be consequences. Surely the recent obscene events in Quebec City taught us that. One fist can do damage; one broadcast, article or Internet rant can lead to a lot more.

Idiots provoke and idiots are provoked. Milo, and for that matter his banal imitators in Canada, have to establish a false problem if they are to set themselves up as the solution. Build it and they will come.

So if you claim that Islamic extremists are everywhere, that we can no longer speak our minds, that media conspiracies are preventing us from knowing the truth, and that being a white man is considered a crime, enough credulous and insecure people will accept it and act accordingly. Witness the election of Donald Trump.

In actual fact there are genuine dilemmas about speech, tolerance, the meeting place of secular pluralism and

religion ideas, and the way we deal with justice and equality issues, and these are intensely sensitive and delicate.

It's because of that sensitivity and delicacy that we have to respond with empathy, compassion, intelligence and responsibility. Screaming is easy, listening far more difficult; outrage satisfies hysteria and anger; consideration fulfils the intellect and the soul.

The hoodlums in California will be punished and Milo will fade away before most of us even knew he was there. The same, God willing, will happen to those Canadian rightists who assume they're being rebellious when they're just childish conformists. But some of the divisions caused will take longer to heal and that's difficult to forgive.

Personally, I'd just ignore these clownish performers. As for the coins in the coffer, integrity is far more valuable than money.

Michael Coren is the author of *Epiphany: A Christian's Change of Heart and Mind Over Same-Sex Marriage*.

Alderney Drive is almost awesome. But something's missing

HALIFAX MATTERS

Tristan Cleveland



Alderney Drive should be one of the best streets in our city, but it's not.

It has everything going for it: a ferry terminal, farmers' market, library, theatre and perhaps our best view of the ocean. It's in the core of Dartmouth's downtown and, unusually, it has wide sidewalks. The potential is there. But something's missing.

Wayfinding specialist Adam Fine recently did a study of the street. (Thanks to the Coast for the heads up).

"You have thousands of people coming in and out of Alderney Gate to get to the ferry and the offices. These are major employment centres, but on the street it never feels busy," Fine told me.

What's with that? Fine gave me a tour to investigate.

For a clue, we looked just around the corner at Portland Street, a great place to walk because of its lively storefronts. Fine points out that Alderney only has a half block of this "fine-grain retail," while the rest of the street inflicts pedestrians with blank walls.

Humans hate blank walls. People will go out of their way to avoid them, often without realizing it, and will linger for less time when near them. By strapping sensors on pedestrians, researchers have shown blank walls actually cause people physical stress.

To bring life to the street, the inaccessible, ground-floor offices of Alderney Gate and

the Maritime Business College must go. Frosted glass must one day be replaced with entrances and businesses or nothing will fix that street. Outdoor vendors could help where that's not possible.

Alderney Drive also suffers from fast, noisy traffic because, Fine points out, the street was intended to be a highway in the 1960s. Part of it doesn't even have a sidewalk, though the city plans to fix that soon.

Fast, noisy traffic can make it impossible for a street to feel pleasant. If we lower the speed on Alderney by just 10 km/h, by narrowing its lanes, we can reduce noise by a whopping 40 per cent. It'd be safer, more attractive and more deserving of its place downtown.

Alderney had two lanes closed during the construction of a pipe to the sewage treatment plant. The fact there wasn't traffic Armageddon shows we can turn this highway back into a great, two-lane downtown street. That would create space for many possibilities: restaurant terraces, fountains, sculptures, or, alternatively, bus lanes.

"In Dartmouth's downtown," Fine said, "I can't think of a more important place to redesign than Alderney." With imagination and investment, it's fun to think what it could become: a pedestrian-priority street full of people enjoying restaurants, shopping and an amazing view of the ocean.

Why not? It has everything it needs except good design.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.

Screaming is easy, listening far more difficult.

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Behind the swinging curtains

SEXUALITY

Polyamorous advocates love openness...just follow the rules

Toronto's Oasis Aqualounge is a pretty open environment. The clothing-optional sex club hosts events each week for people to explore their sexual fantasies. But for such a liberal venue, there are certainly a lot of rules.

No photos. Certain areas are off limits to men unless accompanied by a woman. No touching of any kind unless given permission. No means no, of course, but the club takes it a step further: only yes means yes. That means there are no sexy times until consent is verbalized, says Fatima Mehtab, the marketing and events co-ordinator at Oasis, which had approximately 16,000 members last year.

The clothing-optional space, where sex is allowed, is by its nature vulnerable, she says. The rules are to make sure everyone feels safe, comfortable and encourage people to talk. "A big problem with consent is people assume it's something you don't have to verbalize," she says.

In fact, when it comes to sex, there's lots that people don't talk about — but should.

Mehtab, a queer woman who has explored swinging and polyamorous relationships in the past, says these types of strict rules are common in "the lifestyle," a term for consensually non-monogamous couples. And,



Fatima Mehtab, marketing and events coordinator at Oasis Aqualounge, the Toronto adult playground. TORSTAR NEWS SERVICE

she says, rules make relationships better.

Couples and the locations they go to play have to create an environment in which all parties feel not only safe, but also heard. These boundaries take away the grey areas, forcing couples to say what they do or don't want and what they need from sexual encounters. And there's a lot non-swingers can learn from them about building a healthy (and satisfied) relationship.

A successful swinging relationship is based on constant com-

munication, says Carol Hunt, founder of VenusCouples, a Montreal-based online forum for "sex-positive" exploration of the lifestyle. She and her husband have been swinging for a decade. Before any party or outing, they agree upon a set of boundaries (such as they'll always be in the same room during sex) and expectations for the evening (be it sex with another person or a night observing others).

Afterwards, they always break their experience down: what they liked, what they didn't like, and

what would they like to try in the future?

While it might seem exhausting to always talk about sex, Hunt says it means both parties feel their needs are being heard. If her husband wants to try something new, but she's not interested, the decision isn't shut down entirely. Instead, they discuss both points of view and try and find a happy middle ground in which they can explore. No always means no — but that's only the start of the conversation.

That consensus-building trick-

les out of the bedroom, says Edward Fernandes, a professor of sexuality specializing in swingers, at Barton University in North Carolina. "I've had people say, 'We used to have trouble with our finances — we couldn't talk about this — and once we went into swinging, that went away,'" says the Toronto expat. "People will often avoid talking about things, because they don't know how (their partner) is going to respond," says Fernandes. "So we hide. Swinging tends to pull that curtain." TORSTAR NEWS SERVICE

SPICING IT UP

Carol Hunt suggests couples looking to spice up their bedroom can start small:

- Make it a point to go to a sex shop, for example, to discuss what both parties might enjoy or not. To avoid embarrassment, make it a rule that neither party can wander off on their own: you're in it together and that can decrease the awkwardness.

- Watching porn can be a great way to get both parties in the mood. But before hitting play, Hunt suggests setting expectations: you'll only watch for an hour, and pick one act to try and re-create.

- If you're trying something new and don't enjoy it the first time, Hunt says don't shut it down right away. Commit to revisiting the act at least once at a later date, and if you still don't enjoy it, then it's OK to take it off the table for the future.

- Great relationships need work, she says. Set aside a couple hours each week just to be with each other. No television, no distractions (and if you want, no clothes).

TORSTAR NEWS SERVICE

ADVICE

It's really not so hard to just say it: I love you...now, pass it on

Sofi Papamarko
Torstar News Service

I love you. There. I said it. That wasn't so hard, right? Those three little words — three syllables, really — are among the most coveted and most difficult words to say in the English language.

Context: I'd been having some trouble coming up with an idea for my Valentine's column this year and wrote my editor in a cold panic. "EMBRACE THE LOVE!" she exclaimed in all-caps. I tried. But throwing my arms

around a Hallmark holiday felt disingenuous. Not unlike the holiday season, Valentine's Day can be a painful and lonely time for many. So instead of embracing February the 14th and all associated ephemeral trappings of romance, I'm embracing Pollyanna. I'm embracing patchouli. I'm embracing the free expression of love itself.

And so, I love you.

When training my match-making consultants, I play them the Sloan song The Good in Everyone. I ask them to internalize the lyrics about being a person

who sees the good in everyone. It makes our jobs easier.

You can usually find something — often multiple things — that are amazing in every person you meet. A genius sense of humour, maybe. An aching vulnerability. Self-awareness. Intelligence. Loyalty to friends and family. Optimism. A strong work ethic. The best of intentions.

I love you, reader. Whoever

you are. Not romantically, but emphatically. I love you, even though I don't know you.

I love you because you have worries that sometimes keep you up at night.

I love you because you've read a poem or a short story or heard a song or seen a piece of art or experienced natural beauty that has buoyed your heart or broken it.

I love you even though you

cut in line in front of me at the grocery store that one time or elbowed me in the ribs on the bus trying to get the last seat. I love you because I know you're tired, like me. I love you because I know you've had a long day, your feet ache, your child is sick, you're behind on mortgage payments.

I love you because you are a living and breathing human person and you are worthy of love, respect and dignity.

This Valentine's Day, embrace the love. Call your mom. Send a postcard to your estranged broth-

er. Make a generous donation to a women's shelter, homeless shelter, charity or other worthwhile cause close to your heart. Speak up for the harassed and bullied.

In an era where suspicion, fear and division rule, being compassionate and loving is among the most radical and important things we can do. Let's strive to accept each other, look out for each other and, yes, love one another.

I love you. Now pass it on.

Sofi Papamarko is a writer and matchmaker who lives in Toronto.



I love you because you are a person with a past that may not have always been kind.

'A bikini body is about confidence'

FITNESS

Kayla Itsines' creed spreads from Instagram to the masses

Australian personal trainer Kayla Itsines insists her Bikini Body Guide has nothing to do with the way women look. It's a philosophy of confidence.

That message has entranced her 6.3 million Instagram followers, where she shares staggering before-and-after shots submitted by disciples of her diet and fitness regimen.

Itsines' own social media reveals little about her personal life. Most of the images she shares orbit around fitness: enviable abs, mountains of fresh fruit and inspirational quotes, such as "Stop waiting for Monday, January first or anything else. Start

now," and "Exercise is therapy." There's no mention of calories cut or pounds and inches lost.

Her original 12-week workout plan consists of a few cardio sessions a week, alternating with punishing plyometric and bodyweight exercises, such as burpees, pushups and jump lunges. She also launched an app, Sweat With Kayla.

Itsines' book, The Bikini Body 28-Day Healthy Eating and Lifestyle Guide: 200 Reci-

pes & Weekly Menus to Kick Start Your Journey, was released in late December. It focuses on food, not just fitness. The recipes are reasonable — there are carbs, dairy, fat and cheat snacks. We caught up with Itsines from Australia, where she is based.

What's the difference between having a stereotypical "bikini body" as portrayed in media and the "bikini body" mentality you encourage?

To me, a bikini body is when you feel good and are confident in yourself. I want women to know that they don't have to follow strict diets, or look a particular way to be body confident. I think being healthy is about feeling good, it's not determined by a number on the scale.

What's the greatest threat to any fitness/nutrition plan?

Well, everyone is different. For one person, finding the motivation to work out might make it hard to follow a fitness routine. For someone else, it might be difficult to find the time to work out or to prepare healthy meals. It varies from person to person.

What do you say to women who will need more than 28 days to achieve their weight and fitness goals?

The great thing about my book is it teaches you healthy habits that are maintainable for the long term. Those 28 days are just the beginning! My book is designed to teach you about healthy eating and fitness, and that information can be used everyday for the rest of your life.

Why choose to base your meal plan on the Australian Guide to Healthy Eating, when low-carb diets are trendier?

I think it's really important to fuel your body with a variety of foods from all of the food groups. I want women to have the energy to do anything and everything. One problem lots of women find with diet trends is they are not easy to maintain long term. I've made it my own personal mission to show people that a healthy, balanced diet doesn't mean you need to restrict your eat-

ing or remove entire food groups or nutrients.

What do you say to people who feel they don't have the time to cook or to work out?

So many people struggle with busy schedules. Meal preparation is so helpful if time is a problem, that way you have something healthy to eat when you are busy. I think versatile workouts you can do anywhere can be a good option if you have a busy schedule too. The great thing about the workouts in my Sweat With Kayla app is that you only require the space of your own body and minimal equipment to work up a sweat in 28 minutes.

What do you tell people who are setting a new goal to eat healthier or get in shape?

I think that's amazing. Any step you make towards being healthier and more confident is a step in the right direction. Try setting both short- and long-term goals, and find a friend to workout with. It can be easier to stick to a routine when you have that extra motivation and support.

Do you experience food cravings and if so, do you indulge in a cheat meal? What is your go-to cheat meal?

I get cravings, just like everyone else. I think the occasional treat is fine, the key is moderation. As I mentioned, I'm a big believer in being realistic with food choices, so if I go out for dinner for a special occasion and I feel like having a piece of cake, then I'll have a piece of cake. It's important, even for me, to enjoy the foods you love which can also help with overindulging and cravings.

TORSTAR NEWS SERVICE

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Greek-Australian Itsines' Sweat With Kayla app generated more revenue than any other fitness app last year. CONTRIBUTED

TV BRIEFS

Hal and Jo's messy Diet
Suppose you're a massive streaming service that wants to encourage Canadians to watch your gory new black comedy with a health-conscious name. What do you do?

Well, if you're Netflix and your new show is the bizarre zombie comedy *Santa Clarita Diet*, the easy answer is you recruit Hal Johnson and Joanna McLeod, a pair imprinted on the brains of us all as the country's gently encouraging faces of health and fitness. Then you hand them a chainsaw.

So, without telling us anything at all about *Santa Clarita Diet*, the tidy two-minute promo of darkly funny training and terror should be enough to tell you whether you want to give the Diet a go.

Santa Clarita Diet's ten-episode first season, starring Drew Barrymore, premiered Feb. 3 on Netflix.

ANDREW FIFIELD/METRO



COMEDY

Spicer asks SNL to 'dial back' portrayal



Andrew Fifield
Metro | Toronto

Despite the surfacing of Steve Bannon, White House Press Secretary Sean Spicer is arguably the most recognizable face of the Trump Administration. This makes Spicer and his caustic, prop-peppered press conferences perfect fodder for Melissa McCarthy and the writers at Saturday Night Live.

McCarthy's briefing bullying received rave reviews after it aired over the weekend, but the actress shouldn't count Spicer himself among her fans.

Instead, the fiery face of the Trump White House suggested

McCarthy "could dial back" when Extra caught up with him on Super Bowl Sunday.

The press secretary appeared piqued by his doppelganger's mouthful of gum, a nod to Spicer's well-known penchant for cinnamon gum. He suggested the actress "needs to slow down on the gum chewing, way too many pieces in there."

But like a good soldier, Spicer rolled out a stronger defence when it came to his boss and Alec Baldwin's portrayal of him.

"Alec has gone from funny to mean, and that's unfortunate," Spicer lamented. "SNL used to be really funny. There's a streak of meanness now that they've crossed over to mean."



Melissa McCarthy (left) as Sean Spicer. CONTRIBUTED/FILE



JOHANNA SCHNELLER WHAT I'M WATCHING

Statements arrive in the commercial break

THE SHOW: Superbowl LI (Fox/CTV)

THE MOMENT: The censored ad

A struggling mother and daughter make their way north through the Mexican desert. The daughter collects scraps of cloth and plastic along the way. There the ad, for Pennsylvania-based company 84 Lumber, stops, and directs viewers to Journey84.com.

In the online half of the ad, American workmen on the Mexican border saw lumber. The mother and daughter arrive at a huge, uncrossable wall. The mother cries. The daughter shows her what she's been making with the scraps: an American flag. Suddenly a truck drives by. The mother's face lights up. The workmen weren't building the wall. They were building a gate. Mother and daughter walk through to this line: "The will to succeed will always be welcome here."

I thought Lady Gaga's halftime extravaganza would make a statement against Trump's



84 Lumber's commercial was partially banned. CONTRIBUTED

refugee/immigrant ban. But she went for understatement, letting her lyrics and her dancers, a rainbow of race and gender, make a subtle point.

Instead, the statements came in the commercial breaks. Budweiser depicted the prejudice its German-immigrant founder faced. Coke revived a 2014 ad featuring a multilingual America the Beautiful. Audi advocated for equal pay and Airbnb announced, "The world is more beautiful the more you accept."

84 Lumber was gutsiest: Fox rejected their full commercial as "too controversial." The piece that aired sent so many viewers to the website that it crashed. Meanwhile, Donald Trump left his Mar-a-Lago viewing party after halftime. Because his team, the Patriots, was losing? Or because of the ads?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Duncan

Domestic Short Hair

Scruffy little Duncan has been through some challenging times, but based on his sweet, trusting personality you would never know it. He came to the SPCA from a home where he and a few other cats were not receiving the level of care that they deserved. Duncan is playful and friendly, purring easily and even letting you pick him up. He lived with other cats so he may fit in a home with other pets, though he seems to appreciate having his own space too. At 8 years old, Duncan is a middle-aged cat. Everyone loves kittens, yet there is something especially rewarding about giving a loving home to an older cat who really deserves to be spoiled.



For more information on Duncan and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Walking back down an ancestral path

BLACK HISTORY MONTH

Show Freedom Singer charts slaves' journey to Canada

Khari Wendell McClelland sought to trace the path travelled by his ancestors and other African-American slaves who fled to Canada in search of freedom.

But as he embarked on his cross-Canada journey researching the history of the Underground Railroad and his own great-great-great-grandmother Kizzy, McClelland unearthed a connection which deepened his interest and ties to their stories.

The Juno-nominated singer-songwriter was intrigued by the songs that helped guide and uplift the slaves in their arduous trek, which moved him to craft and adapt musical compositions.

With Freedom Singer, McClelland blends documentary with live theatre. The production has launched at the Streetcar Crowsnest in Toronto and will embark on a cross-Canada tour throughout February, which is Black History Month.

"I think I found my solace and ... strength in the music, and my ability to find songs that haven't been interpreted in a long time, that would have given so many people hope and a sense of possibility where there wasn't much possibility," he said.

Recordings of interviews and personal conversations formed the basis of the script, while 10 songs are performed in the



Khari Wendell McClelland, centre, Tanika Charles, right, and guitarist Noah Walker perform the documentary theatre show **Freedom Singer**. NATHAN DENETTE / THE CANADIAN PRESS

piece. McClelland is accompanied onstage by Polaris Prize-long-listed soul singer Tanika Charles and Vancouver guitarist Noah Walker.

McClelland cited the Nova Scotia archives as a rich resource for historic recordings. The musician described recordings of an elder named William Riley, a storyteller and singer of traditional African-American spirituals songs, as "beautiful and haunting."

Other tunes arrived in the form of sheet music, lyrics or poems with suggested melodies, which he interpreted through experience. The production offers a contemporary twist by incorporating hip-hop, funk and soul.

"One of the things I realized early on was that I wasn't trying to be a folklorist in the sense of trying to accurately recreate the song as it was in the 1850s," said McClelland. "I really wanted to make it real for me, and maybe

real for other people who are from this time. I was really trying to build bridges."

Titles of tracks he discovered conveyed the desire for resistance in the face of oppression, such as Song of the Fugitive, he noted.

"To free your own body made you a fugitive. To free yourself made you against the state, against the law, and people could hunt you down," he said. "All of this music, I think, really has

relevance for today."

With the plight of displaced people at the forefront of headlines, McClelland said the music's relevance continues to resonate.

"With so many people that are being persecuted and hurt by policies that restrict the flow of people ... and so many people that need a home and a place to get away from violence, the music really is a sustaining voice for me — and I hope it works

HOW TO SEE IT

Freedom Singer runs at Streetcar Crowsnest in Toronto through Feb. 11. It will be presented by the Regina Folk Fest on Feb. 14, the Calgary Folk Fest on Feb. 17-19, followed by stops in Winnipeg on Feb. 22, **Halifax on Feb. 24**, Montreal on Feb. 26, and Ottawa on Feb. 28

that way for others, too."

McClelland co-created Freedom Singer with Andrew Kushnir, creative director of the documentary theatre non-profit Project Humanity, which has an interest in providing a platform for stories of the marginalized.

"There's this clear, clear message in what he's doing which is saying: 'We are allowed to pursue home,'" said Kushnir.

"We are allowed to find a better way of being together with one another, and in fact, we have to invest in one another."

During each tour stop, local choirs will be incorporated into the performances.

"I think sometimes as a performer, a musician, I'm very used to coming into a community for a day and leaving ... and I don't really get that sense of strong connection," said McClelland.

"It's amazing these songs get to live on in these choirs, but also that I have the opportunity to connect musically, creatively with masses of people across the country. Really, it makes my heart sing."

THE CANADIAN PRESS

BOOKS

Mastai adjusting to his own new reality

As he crafted his debut novel about a time-travelling man who winds up in an alternate reality, Canadian screenwriter Elan Mastai started to feel like the protagonist.

All Our Wrong Todays was meant to be just a creative challenge for himself after he wrote the film *The F Word* (a.k.a. *What If*), a romantic comedy that starred Daniel Radcliffe and Zoe Kazan and earned Mastai a Canadian Screen Award.

He didn't have a publishing deal or even a literary agent, and he didn't tell anyone he was writing the book until he'd finished the first draft.

But within 24 hours of sending out the manuscript, the Vancouver-born, Toronto-based scribe was unexpectedly fielding offers. And within three weeks, he'd become an international publishing sensation — selling the U.S. rights for seven figures, the translation rights to 25 coun-



Elan Mastai's debut novel **All Our Wrong Todays** is on sale Tuesday. GALIT RODAN / THE CANADIAN PRESS

tries, and the movie rights to Paramount Pictures. Mastai is now writing the screenplay and former Sony Pictures co-chair Amy Pascal is producing.

"Like (protagonist) Tom, I felt like I had woken up in this crazy, alternate reality," Mastai said.

"None of it was what I was expecting. I was hoping to find a publisher that would like the book and would want to bring

it to readers and that would fall in love with it as much as I did.

"I never anticipated the level of interest."

Mastai also didn't anticipate how poignant a story about suddenly finding oneself in an alternate reality would become in this era of political upheaval.

All Our Wrong Todays (on sale Tuesday) is the story of Tom Baren, a hapless, 32-year-old son of

a teleportation genius who hails from a techno-utopia version of 2016 with flying cars and moving sidewalks.

When he makes a rash decision to enter his father's time machine and go back to the seminal 1965 moment that changed the world, he makes a grave error and winds up in an alternate universe resembling the 2016 of today. He has to decide whether to keep things as is or go back.

"I think there's a lot of people who woke up after the last (U.S.) election that suddenly feel like they're living in a new reality and that feeling hasn't subsided; if anything, it's accelerated," said Mastai. "When I wrote the book obviously it was before Trump and Brexit. I was definitely writing about things that I felt were happening in the culture or were bubbling, like the pot was getting hotter and hotter even if they hadn't quite bubbled over."

THE CANADIAN PRESS

REALITY TV

Bell plan search for next Taylor Swift

Canadian company Bell Media is taking another shot at creating a new music superstar, with the help of the label behind Taylor Swift.

Bell Media says it's joining the U.S. record label Big Machine to produce a TV musical talent search.

While details of the show are vague, the company says it plans to tap into its various multimedia platforms for the series, including its TV and radio stations across Canada.

The partnership was inked with Big Machine owner Scott Borchetta, who's best known for signing a young Swift when she was still an unknown country singer. Borchetta also appeared on the final two seasons of "American Idol" as a mentor to hopeful contestants.

Bell Media says the two companies will "work together to



Taylor Swift. AP PHOTO FILE

uncover, develop, and promote pop culture's next musical superstars," but it didn't reveal much about the show's format or the judging process.

The companies say they hope to expand the concept for the series into other countries.

THE CANADIAN PRESS

THE RESTAURANT SCENE

A whole new world of dining

After offering fairly standard fare for decades, Halifax's restaurant scene is exploding with diversity and innovation.

Gordon Stewart, executive director of the Restaurant Association of Nova Scotia, said there have been a number of subtle but significant changes in the past five or 10 years.

"The food changes in the restaurant industry here is quite substantial," he said. "We had more traditional Canadian-American menus where you could pretty much say what was on every menu, but now the diversity is immense."

There are now Asian, French, Australian, African and other influences. Stewart said there are about 27 different cultural restaurants in the city.

And a decade ago, only two or three restaurants promoted local fare, he said, but now it's hard to find any that don't.

"People are more conscious of what they eat and local is healthier."

Another major shift is in the style of restaurants. It used to be limited to fine dining, casual and pub atmosphere but now those categories are blended, Stewart said.

"There are very few fine dining establishments. The lounge-dining room has blended together and is now mostly referred to as upscale-casual."

Plus wine growth has been astronomical, he added. Nova Scotia now has more sommeliers than any other province, Stewart said.

Beer and coffee are also off the charts.

"There's a whole new world of coffee...where it used to be a drip pot and that was it. Now you select your brand, your style, organic — you have your choices."

The restaurant industry in this province is definitely unique — about 65 per cent is independently owned and operated, which is

the highest in Canada, Stewart said.

Stewart said he expects to see even more independents, plus more diversity in the beverage field with mixology taking off. He predicts the wine industry to remain strong with restaurants developing their own brands and offering wine on tap.

"As we look forward, we'll see more independent restaurants, smaller restaurants with 30-40 seats where some of the older restaurants had 50-100 seats. It's changing out there."

Creating culture of collaboration

Garth Brown has worked in some of the country's biggest restaurant markets but arriving in Nova Scotia was an eye opener.

"Coming to Nova Scotia has been extremely enlightening and empowering," he said.

Brown, who teaches restaurant operations in the tourism management program at the Nova Scotia Community College, said it's very progressive here because collaboration is huge.

"What I find extremely encouraging is ... the culture that's being created within the kitchens, communities and operators."

With future challenges of higher costs for products and labour, those collaborations are going to be even more crucial.

"How do we be more efficient with our spending? It's cheaper, it makes better sense if you can buy local."

Plus he finds there are more craftsman trades like winemakers and cheesemakers here than in bigger cities.



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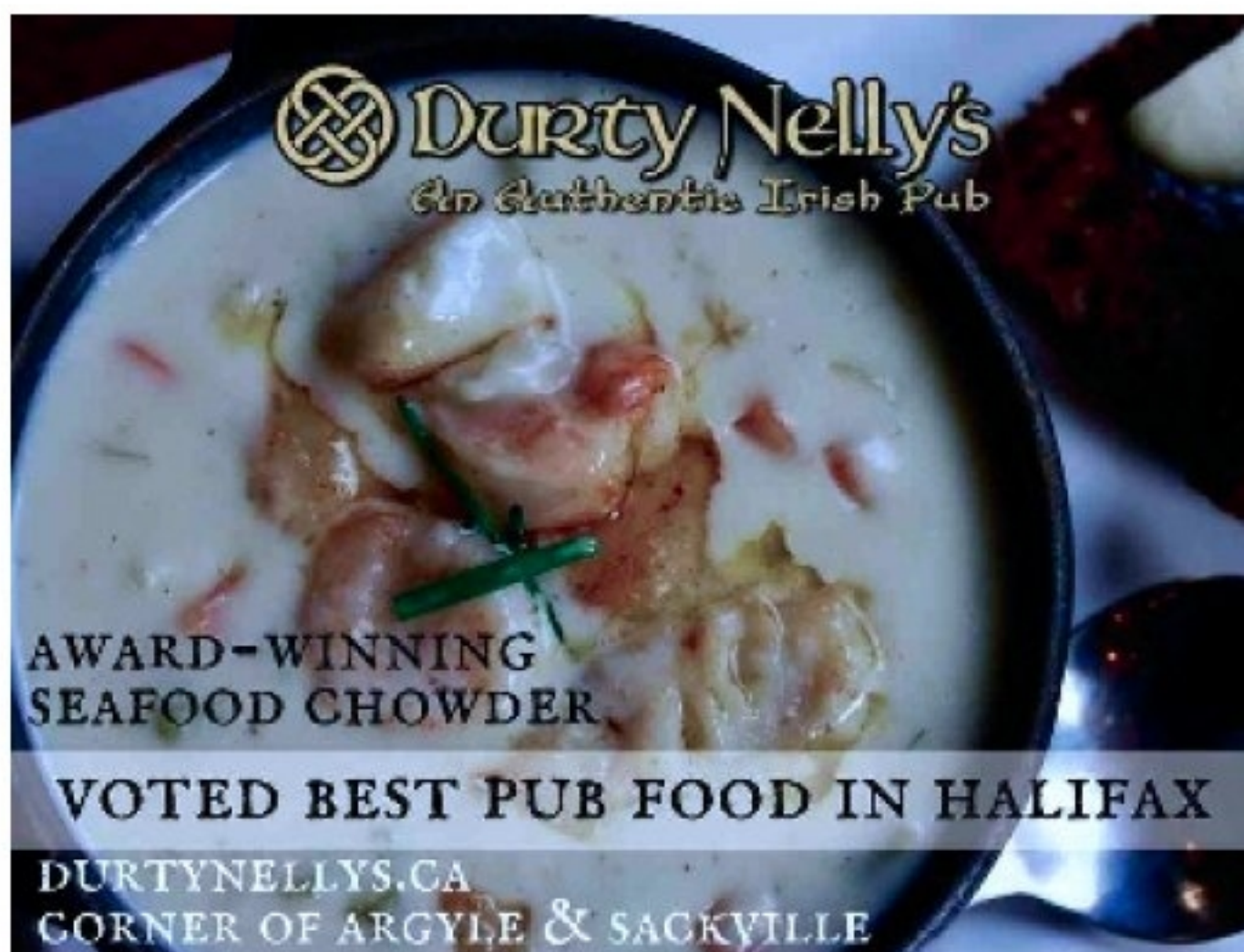
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THE RESTAURANT SCENE



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Brunch every day and a Mardi Gras-style party

For one remarkable day, Cajun spice will take over the menu at the Stubbhorn Goat Gastropub.

It's a party — Mardi Gras style on Feb. 28 (Fat Tuesday), 3 p.m. to close.

"You will see Louisiana style favourites like chicken fried steak, alligator, fried okra, po'boy sandwiches and much more — as well as themed bourbon and gin cocktails," said Laura Oakley, marketing manager with The Stubbhorn Goat. "After 10:30 p.m., the party turns into a late night celebration with beads, masks and music."

It's the second year The Stubbhorn Goat has gone Mardi Gras and it's not to be missed.

Any day of the year The Stubbhorn Goat Gastropub offers the very best in upscale comfort food and drink.

"We're big on sharable plates, which creates a casual, fun social dining experience," Oakley said.

The Stubbhorn Goat is also a serious craft beer destination with over 20 beers on tap. It's become a great spot for after-work drinks, right in downtown Halifax.

"The vibe is pretty much always busy and

lively," Oakley said.

They serve brunch every day of the week until 3 p.m. alongside lunch options like woodstone-oven baked pizzas and mac and cheese. They recently added brunch to the weekday menu since the weekend brunch was so popular.

"Our brunch dishes like the chicken 'n' waffle tacos, eggs benny, huevos rancheros and Wise Geir breakfast sandwich with housecut fries can now be enjoyed any day of the week," Oakley said. "Plus hospitality industry professionals can take advantage of our industry discount on Tuesdays for brunch or lunch with 15 per cent off and \$4 Caesars."

There's so much to try: soups, salads, all kinds of unique burgers, pastas, and 12 different kinds of mac and cheese like lobster or baked egg.

And how about a peanut butter bomb for dessert? It's a peanut butter mousse coated in chocolate with a chocolate base and candied nuts. Or for something lighter to top off the night try a grapefruit crème brulee (a shortbread cookie with grapefruit jam).

Sweet.

A quarter century of great shakes and best burgers

It's a big year for Darrell's Restaurant: 25 years serving greater Halifax.

They've served up decadent milkshakes, burgers, wraps, salads and many interesting and healthy choices while becoming an institution among eateries. They've won endless awards for their food including best burger and milkshake for a decade straight as well as being nominated as the seventh Greatest Burger Restaurant in Canada by Readers Digest.

"Our excellent service, quality of all products used and most importantly consistency has been our claim to fame along with great value and attention to detail," said owner Dan Joseph.

They use fresh certified Angus beef for one of the most favourable burger experiences you can imagine. There's also the famous peanut butter burger — those that try it know the combination is burger heaven. "We hear customers tell us that they're the third generation to visit us regularly and it's very



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important to make sure our customers feel at home and have a great experience," Joseph said. "Our staff are simply amazing and are chosen carefully to make sure the Darrell's experience is complete. They are like family and love working together and do it well." To visit Darrell's and not order a milkshake is like visiting Paris and missing the Mona Lisa. They have seven flavours to choose from and they arrive in a tall glass with the metal cup on the side.

Darrell's also supports many local charities including providing over 100,000 meals for Feed Nova Scotia through an annual campaign.

Savour southern Italian flavours

Dartmouth loves the taste of southern Italy at Il Trullo.

In fact, in its first year the restaurant in King's Wharf received a lot of attention and recognition. The Bourgeois Gourmet Best of the Year named Il Trullo the second best restaurant in 2016, as well as best pizza, best entrée and best server. Il Trullo also won best dessert and second place for best entrée in the 2016 Savour Food and Wine awards.

The inspiration for the food comes from two of the owners, Giuseppe (Beppe) Giardino and Bruno Lattanzi, who are true Italians and have grown up knowing the real pleasures of great Italian southern cooking. Its design was inspired by the natural elements of trullos, the unique conical stone huts found in southern Italy.

"Il Trullo Ristorante is a unique, warm and inviting Italian restaurant," Giardino said.

"By taking advantage of the great Dartmouth water views, we have created an amazing patio that we are just waiting patiently to open for our spring and summer season again," he said.

Their dishes, paired with beautiful wines and the vibrant atmosphere, really set Il Trullo apart. The menu was carefully designed to bring in traditional Italian food



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with a modern flare. Pastas and focaccia bread are all made in house daily and the pizzas are thin crust and incorporate traditional Italian recipes made with local ingredients.

"We also make our own sausages that we use for our pizza and many other dishes, and just like southerly Italy, we incorporate local seafood into our menu," Giardino said.

Il Trullo now offers brunch on Sundays, mixing the traditional with a touch of Italy.

"A great brunch with just a hint of Italian is the perfect combination," he said.

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Little Oak is small bar with a big personality offering warm surroundings with great food and drink.

It opened this summer in Bishop's Landing in downtown Halifax to rave reviews.

"The response has been fantastic," said co-owner Rachel Knox. "Everyone who comes down loves it and they always want to stay and always promise to come back."

It all starts with a great love of wine. Nicole Raufeisen, manager and sommelier, loves to play with the list, but her passion is not limited to wine, she loves to collaborate with the bartender on new spirits and cocktails as well. Chef Ben Ridgley is constantly creating and putting great new dishes on their ever changing menu.

Knox co-owns the Agricola Street Brasserie with Michael Hase and Ludovic Eveno. They were asked by Bishop's Landing to consider opening a second restaurant there and were inspired to open Little Oak during a trip to New York. Knox said they happened upon a very small bar — only 14 seats — they thought would complement the vibe on Bishop's Landing.

"Our philosophy is never to take ourselves too seriously while still offering top quality service, food and drink," she said. "We're super approachable while at the same time it's about pushing the boundaries with wines, spirits and food for those that want to. We love getting people to stretch their comfort zone and getting them excited to try new flavours whether it's a pairing with sake or tasting a new spirit we've hunted down."

They also like to give their highly-skilled employees the freedom to keep learning and to keep pushing boundaries. It's an idea customers embrace as well.

"We aren't interested in trends, we're interested in learning, teaching, creating, growing and laughing while doing it."

Right now coming out of the kitchen are some incredible, need-to-try pasta dishes. There is also a seared scallop dish which includes turtle beans, lardons, mussels, and mussel jus with a fennel salad.

"It blew my mind," Knox said. "Not being one to love scallops I went in with some caution, but it's incredible."

The kitchen stays open until they close, so a late night doesn't mean you have to settle in the food department.

"We also offer a happy hour everyday from 4-6 p.m. and it's \$2 off our beer and wine including coravined wines," Knox said.



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The one-stop, eco-friendly, local cleaning product manufacturer

Being a green company and buying local are what Bebbington Industries, a Dartmouth-based cleaning product manufacturer, is all about.

Not only does it manufacture cleaning products for industrial, commercial and consumer markets at its Burnside factory, but the company also does so in an environmentally responsible way.

In 1996, Bebbington Industries became the first company in Canada to have cleaning and laundry products certified with Environment Canada's EcoLogo program, meaning that they met strict environmental standards for how they were manufactured and the ingredients used.

Although EcoLogo's standards have since been upgraded several times, the company has maintained that certification, meeting each new standard. In 1998, the company even received a national award from the Canadian Council of Ministers of the Environment for its recycling programs.

The company's other environmental initiatives include the support of Bullfrog Power renewable electricity and programs to recycle containers.

Bebbington has a strong belief in buying

local to support the local economy. That's why it uses boxes made by Maritime Paper and McDonald Packaging in Dartmouth, labels made by Access Labels in Amherst and containers made by both Ropak in Amherst and Scotia Plastics in Shubenacadie.

"Keeping the money here helps grow the Nova Scotia economy," says marketing manager Danielle Beaudry. "It helps you out, but it helps everyone else as well."

Company founder Tony Bebbington also places an emphasis

on hiring local graduates, thereby playing a small role in preventing Nova Scotia's best and brightest from having to leave home to find work.

Bebbington Industries manufactures all of the cleaning products you need, regardless of what industry you're in. For industrial and marine users, the company's products include degreasers, transportation cleaners, metal cleaners and rust removers. For restaurants, the products offered include a full range of dishwashing products, oven and vent cleaners, sanitizers and cleaning products.

The company offers a full line of janitorial products including cleaners for floors, glass and general purpose use, as well as floor finishes and floor strippers.

The company recently introduced an Industrial Green line, with the slogan: Big Products for Tough Jobs. Beaudry says it's a misconception that green products don't work as well.

For consumers, Bebbington Industries' Down East Cleaning Products are sold through Sobey's, Superstore and many health food stores in Atlantic Canada. Down East cleaning products include laundry detergent, dishwashing soap and all-purpose cleaner. Scent free and hypoallergenic, these products are great for people with chemical sensitivities.

Bebbington products are primarily sold through retail outlets and distribution companies. The company also operates a cash-and-carry outlet at its Burnside facility where customers can purchase Bebbington Industries' products directly from the company.

Down East Cleaning products are available at local supermarkets and health food stores. CONTRIBUTED



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LEARNING CURVE

You've got this! Public speaking made easier

You're sailing through scholastic life with a smile and a spring in your step, until you get the news that an oral presentation is expected of you soon. The dread of public speaking sets in, and you begin to wonder how to possibly prepare for such a terrifying task. Dr. Martin Antony, professor at Ryerson University and author of the *Shyness and Social Anxiety Workbook*, says the best beginning is to keep the presentation in perspective.

"It will happen and then it will be over," says Antony. "Whatever happens won't matter much after it's done. A day later, a week later or a year later.

"Also, recognize that most people, including those in the audience, have anxiety around public speaking," reminds Antony, adding that interpreting this presentation as a practice run for larger scale speaking engagements of the future will help to lessen the personal stakes.

Frank Leskovjan, career services counselor at the University of Winnipeg, adds that the pre-presentation jitters can be a positive for the student.

"Use your nervousness to motivate you to work hard on the presentation," says Leskovjan. "Preparing thoroughly can ensure you are confident about the material you are presenting."

Leskovjan advises this preparation might include enlisting a friend to play audience.

"Practicing in front of someone you trust who may offer positive, encouraging feedback can help you feel more comfortable about sharing what you have to say," Leskovjan says. "Have your notes written out clearly in point form so you can easily refer to them as you speak."

And on the day of the big event?

"Arrive early so you can organize your materials and feel ready and not rushed

during your presentation" advises Leskovjan. "Take a few seconds to do some deep breathing or other relaxation techniques before you go up and speak.

"And remember, you are not alone. Even persons who present to groups as their livelihood can experience times when they are nervous."

Dr. Wendy Doughty, assistant dean of students at the University of Alberta, reminds that although not everyone chooses public speaking as a career, the event of an oral presentation will likely make its way into every job position. So take the chance to gain the skill now.

"Being able to present your ideas effectively will be an asset to your career," says Doughty. "Take a workshop on presentation skills, take a drama or improv workshop, join Toastmasters, and learn from observing others."

— LIZ BEDDALL



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The 10-month government office clerk (agent de bureau gouvernemental) program offered through Université Sainte-Anne opens doors to bilingual entry-level positions within the federal, provincial and municipal government.

"Our students develop the necessary job skills required for administrative assistant and office clerk positions, all while improving their second language, whether it be French or English," says Nicole Deveau, program director and college professor, Université Sainte-Anne.

"After obtaining their certificate, our student's chances of getting a job offer is very high (almost 100 per cent) and our most recent graduates now work with Heritage Canada, Health Canada and several provincial and municipal offices throughout the province."

Students can choose to enroll at any of the five campuses as all courses are offered through a video conference system.

A six-week work placement in a government office allows students to get hands-on practical experience, gives them a chance at employment, and gives them an important future reference.

"Our program is perfect for adults of all ages who wish to work in administrative support within the Canadian government," says Deveau.



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"Along with this, the program's success is also due to the tailored program structure that combines office administrative training with several facets of Canadian governmental policies and procedures and small class sizes that allows for individual attention and the opportunity to follow-up on each student's success throughout the entirety of the program."

For more information, visit etudescollegiales.ca

WANT TO BE A CARPENTER?

With Nova Scotia's aging population, many workers will be retiring in the coming years, especially in the skilled trades. Coupled with the current construction boom, it's an ideal time for people to get into the skilled trades.

Carpenter Millwright College (CMC) can accelerate your entry into this promising and rewarding career with its 12-week Carpentry Development Program.

"What makes our program unique is it's fast-tracked and allows you to start your career with the right tools and now is the time to seize this opportunity," says Bev Young, the school's director. "We have unprecedented construction work happening right now in this province."

The next Carpentry Development Program will begin on March 13.

The program gives students a basic knowledge of residential construction, foundations and framing, as well as a thorough understanding of construction safety, building sciences, construction materials and blueprint reading.

This pre-employment program allows



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graduates to enter the construction industry as first-year apprentice carpenters and counts as 420 hours toward apprenticeship.

At CMC, the focus is on hands-on learning. With a student-to-instructor ratio of 15:1, students get a lot of one-on-one attention. About 30 per cent of students' time is spent in the classroom and 70 per cent is putting their skills to use in the workshop or work compound.

CMC is in Lower Sackville and is a registered private career college with the Department of Labour and Advanced Learning, meaning its programs are eligible for student loans.

Travel association endorsement

Success College is pleased to announce that ACTA (The Association of Canadian Travel Agencies) has endorsed the travel and tourism management program as a category Four Star Endorsement.

ACTA is a national trade association representing the retail travel sector of Canada's tourism industry, and certifies travel professionals in Canada.

"Certification criteria is based on the nationally validated occupational standards for travel counseling," says Kelly Richards, instructor, Success College.

"Endorsement of a travel program indicates that a program is meeting or exceeding the minimum educational requirements for entering the travel industry."

ACTA works in conjunction with the Canadian Tourism Human Resource Council (CTHRC) using the emerit™ brand, and Human Resources and Skills Development Canada (HRSDC) to ensure that the skills and knowledge represented in the standards meet the entry requirements for working as a travel counsellor in Canada.

"Share your interests with clients by offering clients your knowledge in local, national and international travel options and cultural interests," says Richards.



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"Prepare travel itineraries and book air, cruise and rail excursions for clients and groups."

The travel and tourism program will prepare students for industry with in-depth training in the Apollo and Sabre reservation systems used in the field.

At Success, students can gain first-hand experience in international travel with a one-week familiarization tour.

Students in this program work with a budget to plan a trip to a vacation destination.

The curriculum is developed so that students finish a two-year program in just 60 weeks.

For more information about this program, visit successcollege.ca.



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A fast-growing health care field

The continuing care sector is one of the fastest growing fields of health care.

Contributing to this growth is the significant aging of our population and the systematic shift towards delivering more health care services to individuals in their homes or nursing homes.

"The objective of the continuing care assistant program at daVinci College is to prepare students to deliver appropriate short or long-term care assistance and support services," says Dave Maguire, marketing director, daVinci College.

Through the use of classroom, laboratory, and supervised field placements in licensed nursing homes, the program will educate and equip graduates with the necessary tools and skills to deliver appropriate, timely, and respectful client-focused care to the elderly, persons with disabilities, or those recovering from illnesses or injuries and their families.

Students complete key on-the-job placements in both home care and long term care facilities.

The CCA program is a provincial standard



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program required as an entry-to-practice standard for designated care settings under the jurisdiction of the Department of Health.

Upon completion of the CCA program, you will write a provincial certification exam to receive the CCA designation.

"Many of our students secure employment before they graduate," says Maquire.

"Our school partners with local businesses to host career fairs, networking, and connecting students to our alumni so there are many opportunities for students to pursue."

For more information about the CCA program at daVinci College, visit davincicollege.org.

COMPANIES DEPENDING MORE AND MORE ON DATA ANALYTICS

Data is everywhere — all organizations need to become savvy when it comes to making data driven decisions.

Saint Mary's University's master of science in computing and data analytics is a professional graduate program that prepares students for rewarding IT careers with a focus on data analytics.

"The program is designed for those with computing science backgrounds that want to take their careers to the next level," says Keith Bain, graduate program manager, Faculty of Science; adjunct professor, Department of Mathematics and Computing Science, SMU.

"The role of data analytics in innovation and decision making will only increase — as will demand for skilled professionals that have these skills."

Throughout the program, students will learn about software design, development, customization and management.

They will also learn about analytics and business intelligence; the acquisition storage, management, and analysis of huge amounts of data to improve efficiency, innovation, and decision-making.

At SMU, it is important for them to produce



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a graduating class that is prepared for the workforce and they do this through a variety of different ways, including instructors who are vetted industry professionals, internships and the industry mentorship program.

This 16-month program includes eight months of course work and eight months of applied learning via internships/projects.

The industry mentorship program is available to all students and matches them with local industry practitioners for career advice, networking, and more.

There is also a part time stream available for working professionals. For more information about this program, visit smu.ca.



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Sure Cupid might reign supreme for one special day in February, but Canadian campus-dwellers can keep the swoon-factor going strong all semester with courses that prioritize passion on the lesson plan.

Philosophy of Love and Desire: Trent University

Been daydreaming about your on-campus crush all day long? Delve a little deeper into the depths of human desire with this comprehensive course on human nature, happiness and everything 'I-o-v-e'. Topics such as the nature of love, the relationship between what we value and what we desire, and the ethics of relationships will be considered.



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Chocolate Confections: George Brown College

There's nothing quite like delivering a box of sweets to ramp up the romance in your relationship. And if those candies were hand-crafted in your own kitchen? Well you've just about won the dating game. George Brown's confection course teaches students how to produce advanced chocolate treats in both traditional and contemporary styles. Truffles, moulded bonbons, pralines, jellies, peppermint patties and marrons glacés are on the menu.

The Mating Game: Fanshawe College

A primer on love, sex and marriage from a psychological standpoint, this course seeks to emphasize that without some hint of romance, humankind would inevitably perish. Topics include mate preferences, attraction and courtship, sex appeal, online relationship development and cyber-flirting. Marriage in its many forms (love-based, arranged, same-sex, monogamous, and polyamorous) will also be mulled over.

Floral Design: Langara College

If blossoms are the way to your boo-thing's

heart, then figure out the best way to blend a bouquet into birthdays, anniversaries, and any other occasion you can along your road to romance. Langara's floral design students will learn how to determine what types of arrangements pair best with certain occasions what combos of content create the most alluring look and scent.

Queer theories: University of Ottawa

Step outside of the same old he-met-she storyline with this course that examines the history of gay and lesbian studies and the emergence of queer theory and cultures in modern society. Students enrolled in this course examine a range of culture expressions of sex and love.

—LIZ BEDDALL

GROWING DEMAND MAKING PARALEGALS A POPULAR CAREER

Client demands, economic necessity and explosive growth have made paralegals a popular career choice.

The paralegal field is growing as clients demand more efficient delivery of legal services.

The paralegal diploma program at Maritime Business College teaches a combination of administrative skills with specific paralegal training.

"This program is an excellent complement to a BA, and is more job specific - many law firms like this combination," Dave Maguire, marketing director, MBC.

"Many people take this program because they are interested in law, but don't have the time, money or marks to do a full law degree."

Paralegals are a vital element to any legal team who are well-respected for their knowledge of legal documentation and procedures.

Students are trained in internet and core computing, and study day-to-day administrative skills like advanced keyboarding and business communications.

Study of the law and legal processes includes an introduction to the Canadian court system, including elements of corporate law, family law, real estate, criminal law, and litigation.



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MBC graduates are also prepped for the job market.

In addition to the core skills that are relevant to their program, students are taught the essential skills of how to market themselves, and how to succeed in the workplace.

MBC also offers extensive career services to assist students with their job search.

This program has been designed so that students can complete their diploma in 13 months.

For more information, visit maritimebusinesscollege.ca.

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Three-time Olympic short-track speedskating medallist Isabelle Charest has been named Canada's chef de mission for the 2018 Winter Olympics

TENNIS

Shapovalov fined for ball to ump's face

Canadian tennis player Denis Shapovalov was fined \$7,000 US by the International Tennis Federation on Monday for his on-court actions in a Davis Cup match against Britain a day earlier.

The 17-year-old from Richmond Hill, Ont., lost via default in the deciding match of the World Group first-round tie at TD Place after unintentionally striking chair umpire Arnaud Gabas in the eye with a ball.



Denis Shapovalov
GETTY IMAGES

After firing a backhand wide to give up a break to Kyle Edmund early in the third set, Shapovalov pulled out the extra ball from his pocket and launched it in frustration. Gabas was struck near the left eye and referee Brian Earley declared an immediate default for unsportsmanlike conduct.



I promise that I will learn from this and that this will not happen again. I hope you guys can forgive me.

@denis_shapo

"There is no excuse for this behaviour and I take full responsibility for my action," Shapovalov said Monday in a statement on Twitter. "I'm very sorry to Mr. Gabas to whom I apologized in person. Very sorry for letting my Davis Cup teammates down and for letting my country down."

Gabas had swelling and bruising under his eye and was taken to Ottawa General Hospital. A precautionary evaluation did not find any damage to the cornea or retina.

Edmund was given a 6-3, 6-4, 2-1 victory as Britain advanced to the World Group quarter-finals with the 3-2 win. Canada will be forced to play a World Group playoff tie to keep its spot at the elite level for 2018.

THE CANADIAN PRESS

The real difference maker

NFL

Brady will be remembered most for lifting Pats to titles

With a record five Super Bowl rings, Tom Brady certainly has established himself as the measuring stick for quarterbacks, NFL players and, just maybe, for all team-sport athletes.

The difference in the Patriots being 5-2 or even 0-7 in the big game is infinitesimal. That difference is the guy wearing No. 12.

Brady proved that again Sunday with an epic comeback that, at 39, some might think puts a caper on a Hall of Fame career. Except that he plans to return to work soon in preparation of another NFL season, with probably a few more to follow.

"I don't feel 39. I hang out with a bunch of 20-year-olds," he joked Monday morning before walking out of the Super Bowl MVP news conference with the silver football that serves as the award for the honour. "That makes you feel pretty young."

That Brady might be around for a while could make the rest of the NFL feel pretty down, and at least when it comes to the playoffs and Super Bowl, it should. Consider that he's won 25 post-season games; there are pro baseball, basketball and hockey players who would take that for a career.

Brady will be remembered most not for deflated footballs but for the way he has pumped up the Patriots in the most stress-

filled circumstances. Sunday's 34-28 win over Atlanta in the first Super Bowl to go to overtime is the latest, and perhaps the most emphatic, example. But it's educational to look at all seven of his performances in the NFL championship game.

And you can compare his work to that of New England's coaching staff, which, it can be argued, has not come through nearly as well over the course of those seven contests and five titles.

Despite the Patriots' back-to-back championships in 2004 and 2005, there's a case to be made that both the Panthers' John Fox and the Eagles' Andy Reid were at least Bill Belichick's equal until Brady turned things New England's way.

4

Brady now has four Super MVP awards to his name.

The two upset defeats at the hands of the Giants, particularly in 2008 when the Patriots were seeking an undefeated season, could have gone New England's way, of course. But Tom Coughlin and his assistants, particularly defensive co-ordinator Steve Spagnuolo in 2008, outwitted the Patriots.

In 2015, Brady took charge against Seattle's superb defence with the fourth quarter belonging to him. But if not for what many believe is the worst play call in NFL championship game history — no, Marshawn, we're going to throw from the Patriots

Tom Brady won his fifth Super Bowl championship on Sunday night in Houston.

RONALD MARTINEZ/
GETTY IMAGES

1 - y a r d line — Pete Carroll's Seahawks would likely have won a second straight Super Bowl.

Then there is Sunday night's "miraculous" comeback, to use Brady's word. And the stunning collapse by Atlanta, which had a first down at the New England 22 and a chance to, at the very least, move an eight-point lead to 11 late in the fourth period. It's almost never wise to play for a field goal against Brady, but that was one time to do so. The Falcons didn't.

So Brady, helped by a stunning reception by Julian Edelman, guided the Patriots to the tying scores. And then to the winning TD in overtime.

No one is saying the Patriots didn't earn each of their Super Bowl wins — and losses. It's an absolute, however, that when praise for everyone in the organization is handed out, Brady must be far in front of the rest of the line. THE ASSOCIATED PRESS



SOCIAL MEDIA

Pats' win earns fan a date with Bouchard

Forget the Lombardi Trophy. The New England Patriots' shocking comeback win over the Atlanta Falcons in Super Bowl 51 earned one fan a date with Canadian tennis star Eugenie Bouchard.

With the Falcons holding a big lead over the Patriots Sunday, Bouchard tweeted that she "knew Atlanta would win."

A fan then asked her to go on a date if the Patriots somehow ended up winning and in what must have seemed like a low-risk reply, Bouchard said, "sure."



Eugenie Bouchard GETTY IMAGES

Her final tweet of the night was one of resignation, "Lesson learned. Never bet against Tom Brady." THE ASSOCIATED PRESS

IN BRIEF

Ex-CFL coach to attend Warner's HOF induction

John Gregory's summer schedule now includes a trip to Canton, Ohio.

The former CFL head coach will attend the 2017 Pro Football Hall of Fame induction ceremony, keeping a promise he made to Kurt Warner when he became a finalist. Gregory told his former quarterback he'd be there when Warner was formally inducted.

Warner will be enshrined Aug. 5. THE CANADIAN PRESS

TEXAS

Help sought to find Brady's 'stolen' jersey

Texas Lt. Gov. Dan Patrick is asking the state's top law enforcement officers to help locate Tom Brady's missing game jersey, which disappeared from the New England Patriots' locker room after the Super Bowl.

The Republican said in a statement Monday that Brady's jersey "was stolen" after the Patriots beat the Atlanta Falcons 34-28 at Houston's NRG Stadium on Sunday night, and that city police were already investigating.

Patrick said Texas places "a very high value on hospitality and football," adding: "It is important that history does not record" that Brady's jersey was stolen in the state.

He continued: "Whoever took this jersey should turn it in" since the "Texas Rangers are on the trail."

Brady said after the game that the jersey was missing and joked that he expects to see it soon in an online auction.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Cosy Beef and Mushroom Stew



PHOTO: MAAYA VISNEVI

Ceri Marsh & Laura Keogh
For Metro Canada

All this needs is a side of mashed potatoes to cosy up to.

Ready in 1 hour 20 minutes
Serves 4

Ingredients

- 2 lb stewing beef
- 2 Tbsp flour
- Salt and pepper
- 2 Tbsp olive oil
- 2 onions, diced
- 3 cloves garlic, minced
- 1 lb mushrooms, halved or quartered, depending on size
- 2 large carrots, diced
- 2 sprigs fresh thyme
- 1/3 cup tomato paste
- 1/2 cup white or red wine (optional)
- 4 cups beef broth

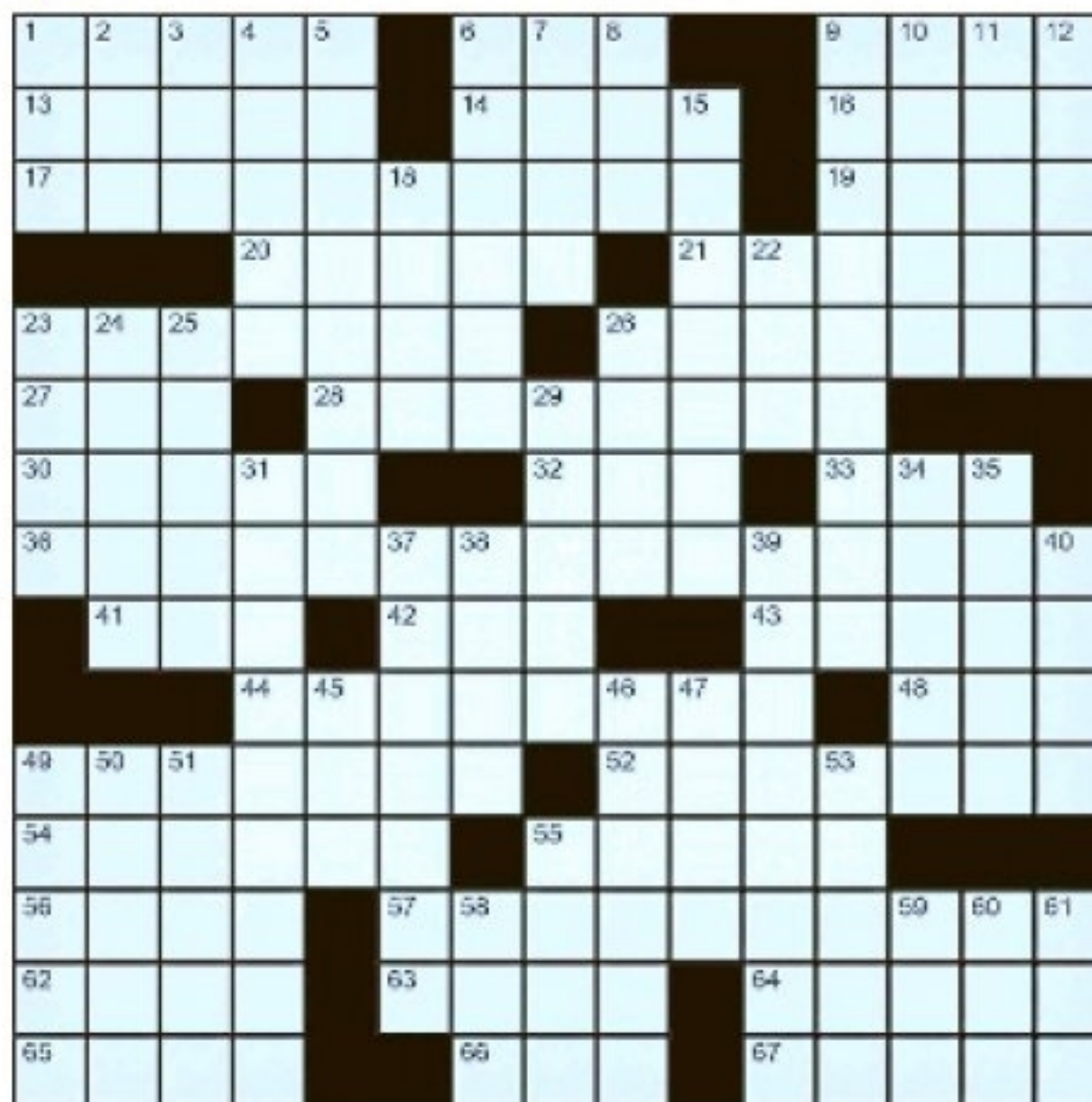
Directions

1. Shake flour onto plate and season with salt and pepper. Dredge meat through the flour.
2. In a big pot or dutch oven, warm olive oil over medium heat. Brown meat in batches. Place cooked meat on a clean plate.
3. Add onion and garlic and sauté 3 minutes. Toss in mushrooms and thyme and cook another 5 minutes. Add tomato paste and stir well. Cook for a couple of minutes.
4. Add wine. Use wooden spoon to scrape bottom of the pot to loosen up all caramelized beefy goodness. Add stock and beef, bring it to a simmer, cover and simmer about an hour. Now add carrots and cook 10 minutes. Serve over mashed potatoes.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. "I'll have ___ salad sandwich, please." (Lunchtime order)
6. Walther ___ (James Bond firearm)
9. 'Photosynth' suffix
13. Sister: French
14. Banff National Park creatures
16. Pound sound
17. Adrien Brody's Oscar-winning role movie: 2 wds.
19. Great Lake
20. ___ Arizona
21. Royal court entertainer
23. German state bordering Austria
26. Victoria-born singer/songwriter Nelly
27. "Cold Mountain" (2003) role
28. 20th-century Spanish artist Mr. Dali
30. "That'll get done", in radio communication
32. 'Fluor' finisher
33. Alias indicator
36. Team Wayne Gretzky was traded to (from the Edmonton Oilers) in 1988: 3 wds.
41. Ott. NHL player
42. 'Excess' suffix
43. Torpid
44. Mechanic's outfit
48. Pastureland
49. One extending a membership
52. Fan's rare audio of a rock concert
54. Python slayer in mythology
55. Harbour haulage
56. Ipsos Reid

- specialty
57. College society
62. Stagnate
63. Most preferred, for short
64. Jubilant, in verse
65. Ownership document
66. Marry
67. Retail complexes

DOWN

1. 'Bomb' add-on (Pompous talk)
2. Form of stage show in Japan
3. "Aaai-!!!" (Comic book scream)
4. Dr. Sanjay ___ (CNN's Chief Medical Correspondent)

5. Scottish documentarian who founded the National Film Board of Canada in 1939, John ___ (b.1898 - d.1972)
6. Corresponding chum: 2 wds.
7. Ballet move
8. Initials-sharers of Kendall Jenner's

- older sisters
9. Meticulous work woe, perhaps
10. Mattress brand
11. Nicki Minaj song: 2 wds.
12. 'I hope', to Caesar
15. Nunavut: Igloo-shaped attraction in

- Iqaluit, ___ Anglican Cathedral
18. "What ___ mind reader?"
22. 'Ranch' suffix
23. Wail
24. "Good-bye!"
25. Waltz, in Paris
26. Lose colour, as jeans
29. More repulsive
31. Invalidated
34. Solemn bell sound
35. Concur
37. Emit: 2 wds.
38. By any chance?
39. Unit of weight in Canada
40. Male deer
45. Stealth bird
46. Declined
47. Mythology
49. Sort of transit
50. Lyric poem
51. ___ prosequi (Not proceeding, in law)
53. Polynesian archipelago kingdom
55. Prehistoric paintings place, perhaps
58. Not cooked, as meat
59. ___-defined
60. Address book abbr.
61. Go-ahead response

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid domestic arguments today, because they will easily arise — especially with a female relative. People are touchy, emotional and volatile. You have been warned.

Taurus April 21 - May 21
This is a classic day for arguments with others, especially siblings, relatives and neighbors. This angry energy might cause you to have an accident. Be careful.

Gemini May 22 - June 21
Disputes about money and possessions are likely today. They could relate to something at home or to a female relative. Either way, tread carefully.

Cancer June 22 - July 23
Today the Moon is in your sign, which makes you more emotional than usual. On top of that, it is at odds with fiery Mars. This is a challenging day! Remain calm so to avoid disputes with others.

Leo July 24 - Aug. 23
This is a restless day. There's no doubt that you feel impatient with others. You might not speak up, but inside you are secretly gritting your teeth. Easy does it.

Virgo Aug. 24 - Sept. 23
People are quarrelsome today. When talking to a friend or perhaps a member of a group, you must tread carefully. Don't go looking for trouble, because it will find you.

Libra Sept. 24 - Oct. 23
Be careful when talking to authority figures today, especially your mother or a female boss. The bottom line is that people are emotionally volatile today, and they will react without thinking first. Be cool.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because things will go south in a New York minute. Don't try to win or keep score. Just keep the peace.

Sagittarius Nov. 23 - Dec. 21
Choose another day to discuss how to divide an inheritance or share something with someone, because a discussion will quickly deteriorate into a fight.

Capricorn Dec. 22 - Jan. 20
You have to go more than halfway when dealing with others, because this is a dicey day. Frankly, things are not going your way. Just tread water.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and customers today, especially female acquaintances. Don't get your belly in a rash.

Pisces Feb. 20 - March 20
Parents will have to be patient with their kids today. Likewise, romantic partners must be patient with each other, because it's a quarrelsome day! Easy does it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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